

## CLAIMS

The inventor hereby claims:

- 1.** An intervening section for an exercise bar comprising  
an insertion end;  
a receptor end;  
a separation release button proximate the insertion  
end;  
a button opening proximate the receptor end; and  
separation snap-fit means;  
wherein the section's insertion and receptor ends are mated in configuration and  
size to the cross-sectional configuration and size of an exercise bar's elongated  
body whereby the section's insertion end fits snugly within and is snap-fitted to  
an exercise bar's separable receptor end and the exercise bar's separable  
insertion end fits snugly within and is snap-fitted to the section's receptor end;  
each respective separation release button disposed, upon connecting the  
intervening section to the exercise bar's body, into alignment with a respective  
button opening through which it is urged by snap-fit means, thereby retaining  
the joined members such that the intervening section increases the effectual  
length of the bar's elongated body.
- 2.** The intervening section for an exercise bar according to  
Claim **1** wherein the separation snap-fit means comprised by the insertion end  
comprises a grasshopper leg spring.
- 3.** The intervening section for an exercise bar according to  
Claim **1** wherein the separation snap-fit means comprised by the receptor end  
comprises a resilient integral finger.
- 4.** The intervening section for an exercise bar according to  
Claim **1** further comprising an orientation assuring track and an orientation

juncture groove.

**5.** The intervening section for an exercise bar according to Claim 1 wherein the bar's elongated body further comprises a cord stretching recess, thereby permitting certain modes of exercise.